

## KS 2 PE Gymnastics

Aim: develop balance, coordination and control. Creating a short sequence.

W/up Sherborne

Greeting: Rub opposite shoulders with hands, rock side to side with arms outstretched (aeroplane) count 1,2,3 and call out an animal name (do this 5 times and let your child choose which animal you will call out next)

Self: Row your boat, sit back to back and rock from side to side and forward and back, with pressure slide hands down the side of your legs as far as you can and then wiggle toes. With arms, legs and hands outstretched, slowly curl up – begin with hands, bring arms in, legs in curl over and tuck head in – then spring open again repeat 3 or 4 times.

Core: rock on back, roly-poly's, lie on back and stretch out wide, look at the ceiling and high in the room – what can you see?

Try the BEAM shapes as seen below.

Main: make some space – hold balances for the count of three. Do them as best as you can. Keep your arms and legs nice and straight. Hold the positions for 3 seconds.

Balance and control:

1. balance on your hands and your feet
2. balance on two feet and one hand
3. balance on two hands and one foot
4. balance on one hand and one foot
5. balance on one hand

Travelling:

1. bear walk across the room (on hands and feet)
2. roly-poly across the room
3. kangaroo jump
4. hop
5. shuffle (bottom walk)

Shapes:

1. Tuck shape
2. Straight shape
3. Star shape
4. Pike shape (sitting, feet together, arms straight parallel to your legs)
5. Straddle shape (feet apart, legs stragitht, arms apart, arms parallel to your legs)

Balance	balance on your hands and your feet	balance on two feet and one hand	balance on two hands and one foot	balance on one hand and one foot	balance on one hand
Travelling	Bear walk	Roly-poly	kangaroo	hop	Shuffle
Shapes	Tuck shape	Straight shape	Star shape	Pike shape	Straddle shape

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Print off the page above or copy out the squares on small pieces of paper. Turn them over, mix them up and then choose a card – perform the movement on the card. Then choose 3 cards and perform them really well. Get someone to score you out of 10 for control (holding for 3 seconds)

Choose one from each category and create a sequence, holding each for the count of 3.

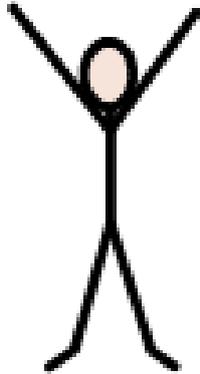
Copy the link below

[Do the Bear Walk \(Gross motor/Balance/Coordination/Self Regulation/ Brain Break\) - YouTube](#)

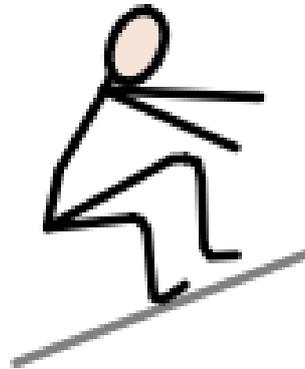
Cool down – lie on your back and stretch as long and as wide as you can.



broadbean



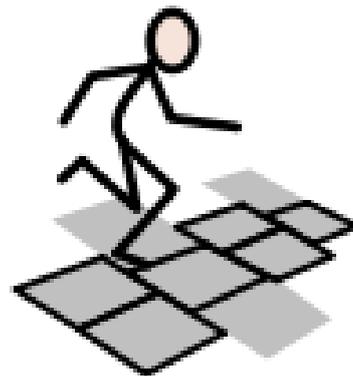
jump



skip



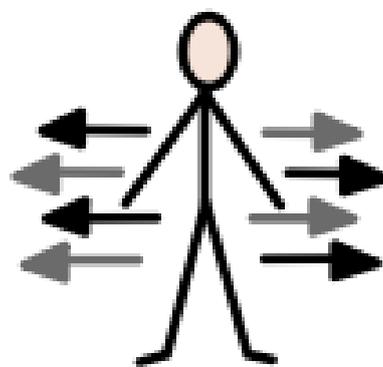
hop



run



jelly bean



baked bean



curling up



stretch



bridge



table



bottom lift



side sitting



stretch



angry cat



happy cat



curling up



bottom walk



elbow to knee



balance



catch



throw



kick

